

**ABSTRACT: BINAURAL-BEAT-INDUCED THETA EEG ACTIVITY AND HYPNOTIC SUSCEPTIBILITY**

*Brian Brady and Larry Stevens  
Northern Arizona University*

Six participants varying in degree of hypnotizability (two lows, two mediums, and two highs) were exposed to three twenty-minute sessions of a binaural-beat sound stimulation protocol designed to enhance theta brain-wave activity. The Stanford Hypnotic Susceptibility Scale, Form C (SHSS:C), was used for pre-and post-stimulus measures of hypnotic susceptibility. A time-series analysis was utilized to evaluate anterior theta activity in response to binaural-beat sound stimulation over baseline and stimulus sessions. The protocol designed to increase anterior theta activity resulted in a significant increase in percent theta for five of six participants. Hypnotic susceptibility levels remained stable in the high-susceptible group and increased significantly in the low- and medium-susceptible groups.

Published in the American Journal of Clinical Hypnosis, 43:1, July 2000. Address correspondence to and request reprints from: Larry C. Stevens, Department of Psychology, NAU Box 15106, Northern Arizona University, Flagstaff, AZ 86011, [Larry.Stevens@nau.edu](mailto:Larry.Stevens@nau.edu)

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.  
© 2001 by The Monroe Institute